

Live Healthy with the Health Promotion and Disease Prevention (HPDP) Program  
Coatesville VA Medical Center

Health Behavior Coordinator Bernadette Hayburn and HPDP Program Manager Jannie Cromleigh lead up the HPDP Program. The program provides veterans with comprehensive health education, clinical services and support for health-related behaviors. Classes and programs offered include Pain School, Mind Over Mood, Walk with Ease, Stress Management, Treat Your Neck and Back Pain, Move! Weight Management, Yoga and more. HPDP is guided by nine core messages of: Be Tobacco Free Be Physically Active Eat Wisely Strive for a Healthy Weight Be Safe Manage Stress Limit Alcohol Get Recommended Screening and Immunizations Get Involved in Your Health Care. Contact Bernadette Hayburn at 610-384-7711, extension 6210 or Jannie Cromleigh at 610-384-7711, extension 6242.

**Pain School**

**What?** This 9-session group, taught by an interdisciplinary treatment team, will teach veterans skills to better manage chronic pain.

**Who?** This program is for veterans diagnosed with chronic pain and who willing to consider non-medical approaches to cope with pain.

**When?** Mondays 1-2 PM

**Where?** Building 2, Room 107 A

**Referrals:** Please enter a PC Psychology consult and write Pain as the reason for referral.

**Contact Person:** Bernadette Hayburn., Psy.D., Ext. 6210

**Mind Over Mood**

**What?** This 10-week CBT group will teach veterans with depression skills to change the way they think and act to promote better physical and mental well-being.

**Who?** This group is designed for veterans with diagnosed with a depressive disorder (Pts should not have an active substance use disorder or cognitive disorder).

**When?** Tuesdays 10-11 AM

**Where?** Building 57, Room 107 A

**Referrals:** Providers enter a PC Psychology consult and write Pain School as the reason for referral.

**Contact Person:** Bernadette Hayburn., Psy.D., Ext. 6210

### **Walk With Ease**

**What?** A staff-led group meet for walking and stretching three times per week.

**Who?** This group is designed for veterans who are able to walk comfortably without pain for at least 20 minutes.

**When?** Monday, Tuesday, and Friday from 11:30-12:30 pm

**Where?** Building 57, Room 107 A

**Referrals:** Consults are not needed. Patients can just drop in.

**Questions:** Please contact Bernadette Hayburn, Psy.D., Ext. 6210.

### **Stress Management**

**What?** Learn and practice effective stress management techniques and skills.

**When:** Every Tuesday 1-2 pm

**Where?** Building 57, Room 107 A

**Referrals:** No referral/consult necessary

**Questions:** Contact Ron Pekala, Ph.D., Ext 4944

### **Treat Your Neck and Back Pain**

**What?** The class is a one-time small group educational presentation that provides practical countermeasures & strategies patients can use in their daily lives to treat, reduce, abolish and prevent neck and low back pain.

**When?** 2<sup>nd</sup> & 4<sup>th</sup> Monday of every month from 2-4:00 PM

**Where?** Building 2, Room 107 A

**Referrals?** Patients can be referred by their primary care providers and also by their physical therapist.

**Question:** Contact Chris Wyman, Ph.D., Ext. 3367

## **MOVE! Weight Management Program**

**What?** MOVE! Is a comprehensive weight management program designed to help Veterans lose weight, keep it off and improve health. It combines nutritional, behavioral and physical activity coaching and education.

### **Options:**

- Weekly group sessions
- Individual sessions
- TeleMove!(uses home telehealth technology).

**Referrals:** Patient's primary care provider should refer and enter a MOVE Consult.

**Questions:** Contact Jannie Cromleigh, RN, Ext. 6242.

## **Yoga**

**Where?** Building 57, Room 232

**When?** Tuesday and Wednesday from 4-5 PM.

**Referrals?** None necessary. Patients can walk-in.

**Questions?** Please contact Janie Cromleigh , R.N. 6242.